

# Adult High-Quality BLS Skills Testing Checklist



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Hospital Scenario: "You are working in a hospital or clinic, and you see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

Prehospital Scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

### Assessment and Activation

- Checks responsiveness
- Checks breathing
- Shouts for help/Activates emergency response system/Sends for AED
- Checks pulse

Once student shouts for help, instructor says, "I am going to get the AED."

### Compressions *Audio/visual feedback device required for accuracy*

- Hand placement on lower half of sternum
- Perform continuous compressions for 2 minutes (100-120/min)
- Compresses at least 2 inches (5 cm)
- Complete chest recoil. (Optional, check if using a feedback device that measures chest recoil)

Rescuer 2 says, "Here is the AED. I'll take over compressions, and you use the AED."

### AED (follows prompts of AED)

- Powers on AED
- Safely delivers a shock
- Correctly attaches pads
- Shocks within 45 seconds of AED arrival
- Clears for analysis
- Clears to safely deliver a shock

### Resumes Compressions

- Ensures compressions are resumed immediately after shock delivery
  - Student directs instructor to resume compressions *or*
  - Second student resumes compressions

## STOP TEST

### Instructor Notes

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

**Test Results** Check **PASS** or **NR** to indicate pass or needs remediation:

**PASS**     **NR**

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

# Airway Management Skills Testing Checklist



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Critical Performance Steps	Check if done correctly
<b>BLS Assessment and Interventions</b>	
Checks for responsiveness • Taps and shouts, "Are you OK?"	
Activates the emergency response system • Shouts for nearby help/Activates the emergency response system and gets the AED or • Directs second rescuer to activate the emergency response system and get the AED	
Checks breathing • Scans chest for movement (5-10 seconds)	
Checks pulse (5-10 seconds) <b>Breathing and pulse check can be done simultaneously</b> Notes that pulse is present and does not initiate chest compressions or attach AED	
Inserts oropharyngeal or nasopharyngeal airway	
Administers oxygen	
Performs effective bag-mask ventilation for 1 minute • Gives proper ventilation rate (once every 6 seconds) • Gives proper ventilation speed (over 1 second) • Gives proper ventilation volume (about half a bag)	

### STOP TEST

<b>Instructor Notes</b> <ul style="list-style-type: none"> <li>Place a check in the box next to each step the student completes successfully.</li> <li>If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to Instructor Manual for information about remediation).</li> </ul>		
<b>Test Results</b> Check <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<input type="checkbox"/> <b>PASS</b>	<input type="checkbox"/> <b>NR</b>
Instructor Initials _____ Instructor Number _____ Date _____		

# Megacode Testing Checklist: Scenarios 1/3/8

## Bradycardia → Pulseless VT → PEA → PCAC



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

<b>Critical Performance Steps</b>						<b>Check if done correctly</b>
<b>Team Leader</b>						
Assigns team member roles						
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of ≥2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>	
Ensures that team members communicate well						
<b>Bradycardia Management</b>						
Starts oxygen if needed, places monitor, starts IV						
Places monitor leads in proper position						
Recognizes symptomatic bradycardia						
Administers correct dose of atropine						
Prepares for second-line treatment						
<b>Pulseless VT Management</b>						
Recognizes pVT						
Clears before analyze and shock						
Immediately resumes CPR after shocks						
Appropriate airway management						
Appropriate cycles of drug-rhythm check/shock-CPR						
Administers appropriate drug(s) and doses						
<b>PEA Management</b>						
Recognizes PEA						
Verbalizes potential reversible causes of PEA (H's and T's)						
Administers appropriate drug(s) and doses						
Immediately resumes CPR after rhythm checks						
<b>Post-Cardiac Arrest Care</b>						
Identifies ROSC						
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests						
Considers targeted temperature management						

### STOP TEST

<b>Test Results</b>	Check <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<input type="checkbox"/> <b>PASS</b>	<input type="checkbox"/> <b>NR</b>
Instructor Initials _____	Instructor Number _____	Date _____	

<b>Learning Station Competency</b>
<input type="checkbox"/> Bradycardia <input type="checkbox"/> Tachycardia <input type="checkbox"/> Cardiac Arrest/Post-Cardiac Arrest Care <input type="checkbox"/> Megacode Practice

# Megacode Testing Checklist: Scenarios 2/5

## Bradycardia → VF → Asystole → PCAC



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

<b>Critical Performance Steps</b>						<b>Check if done correctly</b>
<b>Team Leader</b>						
Assigns team member roles						
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of ≥2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>	
Ensures that team members communicate well						
<b>Bradycardia Management</b>						
Starts oxygen if needed, places monitor, starts IV						
Places monitor leads in proper position						
Recognizes symptomatic bradycardia						
Administers correct dose of atropine						
Prepares for second-line treatment						
<b>VF Management</b>						
Recognizes VF						
Clears before analyze and shock						
Immediately resumes CPR after shocks						
Appropriate airway management						
Appropriate cycles of drug–rhythm check/shock–CPR						
Administers appropriate drug(s) and doses						
<b>Asystole Management</b>						
Recognizes asystole						
Verbalizes potential reversible causes of asystole (H's and T's)						
Administers appropriate drug(s) and doses						
Immediately resumes CPR after rhythm checks						
<b>Post-Cardiac Arrest Care</b>						
Identifies ROSC						
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests						
Considers targeted temperature management						

### STOP TEST

<b>Test Results</b>	Check <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<input type="checkbox"/> <b>PASS</b>	<input type="checkbox"/> <b>NR</b>
Instructor Initials _____	Instructor Number _____	Date _____	

<b>Learning Station Competency</b>
<input type="checkbox"/> Bradycardia <input type="checkbox"/> Tachycardia <input type="checkbox"/> Cardiac Arrest/Post-Cardiac Arrest Care <input type="checkbox"/> Megacode Practice

# Megacode Testing Checklist: Scenarios 4/7/10

## Tachycardia → VF → PEA → PCAC



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Critical Performance Steps						Check if done correctly
<b>Team Leader</b>						
Assigns team member roles						
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of ≥2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>	
Ensures that team members communicate well						
<b>Tachycardia Management</b>						
Starts oxygen if needed, places monitor, starts IV						
Places monitor leads in proper position						
Recognizes unstable tachycardia						
Recognizes symptoms due to tachycardia						
Performs immediate synchronized cardioversion						
<b>VF Management</b>						
Recognizes VF						
Clears before analyze and shock						
Immediately resumes CPR after shocks						
Appropriate airway management						
Appropriate cycles of drug–rhythm check/shock–CPR						
Administers appropriate drug(s) and doses						
<b>PEA Management</b>						
Recognizes PEA						
Verbalizes potential reversible causes of PEA (H's and T's)						
Administers appropriate drug(s) and doses						
Immediately resumes CPR after rhythm checks						
<b>Post-Cardiac Arrest Care</b>						
Identifies ROSC						
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests						
Considers targeted temperature management						

### STOP TEST

<b>Test Results</b>	Check <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<input type="checkbox"/> <b>PASS</b>	<input type="checkbox"/> <b>NR</b>
Instructor Initials _____	Instructor Number _____	Date _____	

<b>Learning Station Competency</b>
<input type="checkbox"/> Bradycardia <input type="checkbox"/> Tachycardia <input type="checkbox"/> Cardiac Arrest/Post-Cardiac Arrest Care <input type="checkbox"/> Megacode Practice

# Megacode Testing Checklist: Scenarios 6/11

## Bradycardia → VF → PEA → PCAC



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Critical Performance Steps						Check if done correctly
<b>Team Leader</b>						
Assigns team member roles						
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of ≥2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>	
Ensures that team members communicate well						
<b>Bradycardia Management</b>						
Starts oxygen if needed, places monitor, starts IV						
Places monitor leads in proper position						
Recognizes symptomatic bradycardia						
Administers correct dose of atropine						
Prepares for second-line treatment						
<b>VF Management</b>						
Recognizes VF						
Clears before analyze and shock						
Immediately resumes CPR after shocks						
Appropriate airway management						
Appropriate cycles of drug–rhythm check/shock–CPR						
Administers appropriate drug(s) and doses						
<b>PEA Management</b>						
Recognizes PEA						
Verbalizes potential reversible causes of PEA (H's and T's)						
Administers appropriate drug(s) and doses						
Immediately resumes CPR after rhythm checks						
<b>Post-Cardiac Arrest Care</b>						
Identifies ROSC						
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests						
Considers targeted temperature management						

### STOP TEST

<b>Test Results</b>	Check <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<input type="checkbox"/> <b>PASS</b>	<input type="checkbox"/> <b>NR</b>
Instructor Initials _____	Instructor Number _____	Date _____	

<b>Learning Station Competency</b>
<input type="checkbox"/> Bradycardia <input type="checkbox"/> Tachycardia <input type="checkbox"/> Cardiac Arrest/Post-Cardiac Arrest Care <input type="checkbox"/> Megacode Practice

# Megacode Testing Checklist: Scenario 9

## Tachycardia → PEA → VF → PCAC



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Critical Performance Steps						Check if done correctly
<b>Team Leader</b>						
Assigns team member roles						
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of ≥2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>	
Ensures that team members communicate well						
<b>Tachycardia Management</b>						
Starts oxygen if needed, places monitor, starts IV						
Places monitor leads in proper position						
Recognizes tachycardia (specific diagnosis)						
Recognizes no symptoms due to tachycardia						
Considers appropriate initial drug therapy						
<b>PEA Management</b>						
Recognizes PEA						
Verbalizes potential reversible causes of PEA (H's and T's)						
Administers appropriate drug(s) and doses						
Immediately resumes CPR after rhythm check and pulse checks						
<b>VF Management</b>						
Recognizes VF						
Clears before analyze and shock						
Immediately resumes CPR after shocks						
Appropriate airway management						
Appropriate cycles of drug–rhythm check/shock–CPR						
Administers appropriate drug(s) and doses						
<b>Post-Cardiac Arrest Care</b>						
Identifies ROSC						
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests						
Considers targeted temperature management						

### STOP TEST

<b>Test Results</b>	Check <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<input type="checkbox"/> <b>PASS</b>	<input type="checkbox"/> <b>NR</b>
Instructor Initials _____	Instructor Number _____	Date _____	

<b>Learning Station Competency</b>
<input type="checkbox"/> Bradycardia <input type="checkbox"/> Tachycardia <input type="checkbox"/> Cardiac Arrest/Post-Cardiac Arrest Care <input type="checkbox"/> Megacode Practice

# Megacode Testing Checklist: Scenario 12

## Bradycardia → VF → Asystole/PEA → PCAC



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Critical Performance Steps						Check if done correctly
<b>Team Leader</b>						
Assigns team member roles						
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of ≥2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>	
Ensures that team members communicate well						
<b>Bradycardia Management</b>						
Starts oxygen if needed, places monitor, starts IV						
Places monitor leads in proper position						
Recognizes symptomatic bradycardia						
Administers correct dose of atropine						
Prepares for second-line treatment						
<b>VF Management</b>						
Recognizes VF						
Clears before analyze and shock						
Immediately resumes CPR after shocks						
Appropriate airway management						
Appropriate cycles of drug-rhythm check/shock-CPR						
Administers appropriate drug(s) and doses						
<b>Asystole and PEA Management</b>						
Recognizes asystole and PEA						
Verbalizes potential reversible causes of asystole and PEA (H's and T's)						
Administers appropriate drug(s) and doses						
Immediately resumes CPR after rhythm checks						
<b>Post-Cardiac Arrest Care</b>						
Identifies ROSC						
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests						
Considers targeted temperature management						

### STOP TEST

<b>Test Results</b>	Check <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<input type="checkbox"/> <b>PASS</b>	<input type="checkbox"/> <b>NR</b>
Instructor Initials _____	Instructor Number _____	Date _____	

<b>Learning Station Competency</b>
<input type="checkbox"/> Bradycardia <input type="checkbox"/> Tachycardia <input type="checkbox"/> Cardiac Arrest/Post-Cardiac Arrest Care <input type="checkbox"/> Megacode Practice